



Gillian Shreve -MDH- <gillian.shreve@maryland.gov>

February ROPTA News and Events

2 messages

MarylandROPTA <marylandropta@umd.edu>
Reply-To: marylandropta@umd.edu
To: gillian.shreve@maryland.gov

Thu, Feb 27, 2025 at 12:30 PM



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ROPTA February 2025 News



ROPTA News: Prevention Learning Portal



This new and immersive learning portal provides training for people who work in their communities and teaches science-based education on successfully implementing evidence-based programming.

At the end of the program, you will leave with practical skills and tools in public health outreach that focus on evidence-based programs, community engagement, and youth outreach.

The program is accessible through self-paced courses that match your personal outreach goals. This free program is a valuable resource designed to meet current public health needs and enhances essential knowledge for effective health outreach.

More info can be found [here](#)

Upcoming Public Events

Maryland ROPTA is hosting a **Webinar: Connecting the Dots: Bridging Opioids, Hepatitis, & HIV. [Register Here](#)** or download the flyer below!



CONNECTING THE DOTS: BRIDGING OPIOIDS, HEPATITIS, & HIV

Speaker

DR. LISA CONNORS

PhD, LCPC, NCC, MAC

 **12 -1 PM**
 **MARCH 24**

Webinar Objectives

At the end of the webinar, participants will be able to:

- *Define the connection between HIV, Hepatitis, and opioid use.*
- *Discuss the 4s of infectious diseases and substance use and ways to address and combat them from a public health approach.*
- *Demonstrate appropriate interventions, strategies, and tools to support communities at risk of being impacted by these syndemics.*

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Eastern Shore Area Health Education Center
SUD Series
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https://EasternShoreAHEC_SUDseries25.eventbrite.com



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All Other Programs Training Request Form:
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New Program within Substance Abuse and Mental Health Services Administration



SMI TTAC

*SAMHSA's Serious Mental Illness Training
and Technical Assistance Center*

Announcing the new [Serious Mental Illness Training and Technical Assistance Center \(SMI TTAC\)](#), funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and operated by the National Council. In the coming months, SMI TTAC will deliver a range of innovative training, technical assistance, clinical consultations, virtual sessions, learning collaboratives and more to support those involved in the care and treatment of people with serious mental illness.

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WHAT TO DO

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SAMHSA



#STOPBULLYING

PREVENTION

- Monitor a teen's social media sites, apps & browsing history
- Review or re-set your child's phone location & privacy settings
- Follow or friend your teen or have another trusted adult do so
- Stay up-to-date on the latest apps, social media platforms & digital slang
- Know your child's user names & passwords
- Establish rules about appropriate digital behavior, content & apps
- Teach your child good digital citizenship skills
- Use a parental monitoring software

Resource Spotlight: Maryland Wellness

At **Maryland Wellness**, we understand the importance of access to high-quality behavioral health care. That's why we are excited to share that we are prepared to provide immediate care for individuals in need, offering:

- **Therapy Services:** Compassionate and personalized care for children, adolescents, and adults.
- **Psychiatric Medication Management:** Expertise to help stabilize and enhance mental health.
- **Psychiatric Rehabilitation Programs:** Supportive services that empower clients to lead fulfilling lives.

Whether your clients need therapy to navigate life's challenges, medication management to stabilize their symptoms, or rehabilitation programming to rebuild and assist them on their journey, **Maryland Wellness** is here to help.

[Click Here](#) to learn more.



Maryland Essentials for Childhood

Through a partnership with Maryland Information Network, **Maryland Essentials for Childhood** now has a robust search database of resources across the state that families can access when they need assistance and support. We encourage you to search the database for community organizations you work with and support. If they are not included, reach out to Vanessa Milio at outreach@marylandefc.org. [Click Here](#) to get to the database!



Check Out A Highlight From George's Creek Elementary School Family Literacy Night!



Understand Your Mental Health Insurance!

The **Maryland Insurance Administration** has free resources to help you understand your insurance, find a provider, and get connected with behavioral health support.

Contact the Maryland Health Coverage Assistance Team (H-CAT) if you have additional questions about your healthcare coverage at hcat.mia@maryland.gov or 410-468-2442.



Maryland
INSURANCE ADMINISTRATION

CONSUMER ADVISORY

COVERAGE FOR MENTAL HEALTH AND SUBSTANCE USE

Mental health and substance use affect Marylanders from all walks of life. Mental health and substance use are common and often serious, but many people do recover with access to proper healthcare. You should treat your mental health as seriously as you treat your physical health. If you need help, but don't know where to find it, this advisory may help you.

Insurance

Your health insurance may cover all or part of the cost of your mental health services, depending upon the type of care you need and the terms of your policy. **Maryland law requires health benefit plans issued in Maryland to cover mental health services, but you may have coverage through a plan that is not subject to Maryland law.**




- If you have private insurance, you should check your policy for your benefits. You should have a policy, certificate of coverage, or summary plan document that describes your health plan's benefits. If you cannot find your documents or have questions about your benefits, you can also call the member services number on the back of your card. There may be a separate number for mental health services.

Use the interactive tool to learn how to understand your insurance card:



<https://content.naic.org/consumer/health-insurance/understand-your-insurance-card.htm>

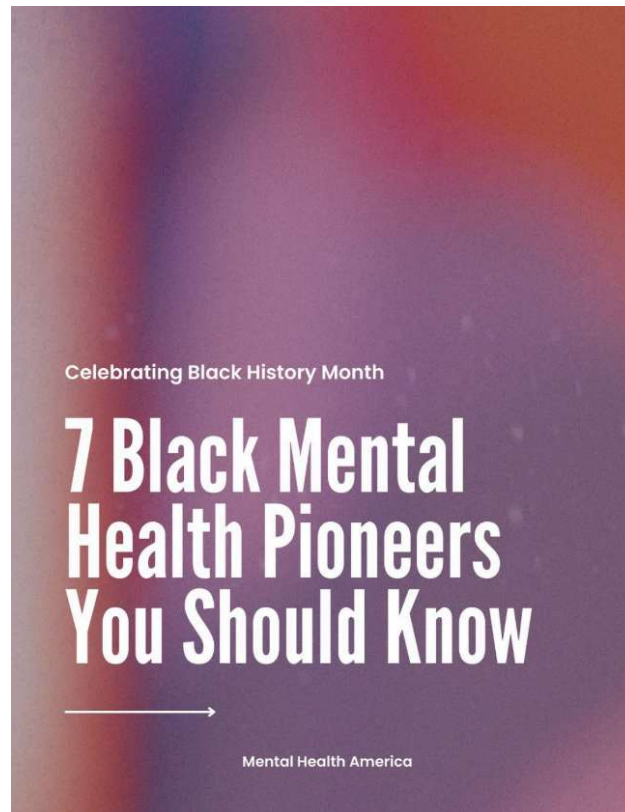
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insurance.maryland.gov



The Mental Health Association of Maryland Marks Black History Month!

The history of mental health care was trailblazed by countless Black pioneers who bravely broke down barriers to expand access to health care. From the groundbreaking research of Dr. Mamie and Dr. Kenneth Clark to Dr. Carter's research on Alzheimer's disease - how many of these Black mental health pioneers have you heard of?

Learn more [here](#) about the 7 Black Mental Health Pioneers as we celebrate February's #BlackHistoryMonth.



MDH Expands Access to School-Based Mental Health Services

The Maryland Department of Health has made it easier for families on Medicaid to access mental health services in schools for their children. The expansion allows Local Education Agencies to offer certain behavioral health services to all students enrolled in Medicaid. Previously, Medicaid payment for these services was limited to Medicaid-enrolled students who have an approved Individualized Education Program (IEP) or Individualized Family Service Plan (IFSP). The Maryland Department of Health and Maryland State Department of Education are together committed to fostering the mental health and academic success of Maryland's students! Read the full article [here](#).



Learn the Facts from MDH!

Taking Care of Us

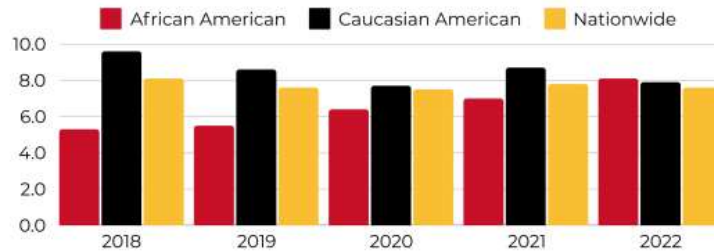
Factsheet and Resources



Taking Care of Us is a collaborative campaign with the Maryland Department of Health (MDH) Behavioral Health Administration's Office of Suicide Prevention, the Office of Minority Health and Health Disparities, and the Black Mental Health Alliance. **Our goal is to bring attention to the increasing number of deaths by suicide among young African American men and women, especially between the ages of 15 and 34.**

Did You Know?

A report by PEW Research with data from the CDC Wonder database shows that the suicide rate among Black youth ages 10 to 19 surpassed that of their white peers for the first time in 2022, increasing 54% since 2018, compared to a 17% decrease for white youth. In fact, the suicide rate among Black adolescents is increasing faster than other racial and ethnic groups.



What are signs that someone is at risk of suicide?

Warning signs that may mean someone is thinking about suicide may include:



- Talking about wanting to die
- Isolation behaviors (suffering in silence)
- Increased anxiety
- Substance use/misuse
- Talking about being a burden or feeling trapped
- Extreme mood swings
- Increased anger or rage
- Expressing hopelessness
- Talking about being in unbearable pain
- Sleeping too much or too little
- Looking unkempt or disheveled
- Grades dropping
- Not partaking in activities that once brought them joy
- Giving away important or meaningful items
- Making a plan for suicide by looking for a way to access lethal means (firearms, medications, rope, local tall buildings and bridges, etc.)



Maryland Department of Health - Behavioral Health Administration
 Office of Suicide Prevention | mdh.suicideprevention@maryland.gov | health.maryland.gov/suicideprevention

What do I do if I see these signs in a peer or within myself?

If you or someone you know shows these signs, or other expressions of hopelessness ("I can't take this," "You'd be better off without me," or "I am waiting on God"), be kind, non-judgmental, and direct. **Speaking about suicide will not put the thought into someone's head.** Oftentimes, the person will feel a sense of relief because they can finally speak about their pain with a trusted person. It can be scary to feel these emotions or to have a friend or peer speak about suicide. Remember, it is not your responsibility to solve these challenges alone. Instead, you can find a trusted adult who can help with these challenges.



Always ask direct questions like:

"Are you thinking about killing yourself?"
"Are you thinking about suicide?"

Talk to them in private, and listen to their story. Try to be nonjudgmental, and avoid minimizing their problems or try to solve their problems. Encourage them to connect to help and tell an adult.

If the person tells you that they are thinking about suicide, or if you think they are at risk, tell an adult immediately. **Do NOT keep concerns about suicide a secret.** It is important to take all mention of suicide seriously.

Find a Trusted Adult

A trusted adult can provide comfort, guidance, and support. You are not responsible for helping anyone alone. If there is a concern about suicide, adults at your school can get a student assessed for suicide risk and connected to the most helpful resources.

- **Who Can Be a Trusted Adult?** This could be a parent, family member, teacher, school counselor, coach, or any adult you feel comfortable with and trust.
- **How to Start the Conversation:** It can be as simple as, "I'm going through a tough time/I am worried about someone and I need to talk. Can we chat?"
- **Keep Trying:** Sometimes the first adult you talk to might not be helpful. Don't give up! There are adults who will help. You can go to mental health professionals at your school, or reach out to 988 for help.
- **Keep Yourself Safe:** It is important during these difficult situations to not only ensure the safety of your peer, but yourself as well.

Call, Text or Chat 988

988 Suicide & Crisis Lifeline provides 24/7, 365 assistance for behavioral health concerns. 988 Suicide and Crisis Lifeline can connect you to local mental health resources near you. You can call, text, or chat 988. 988 also offers multiple language options for accessibility. 988lifeline.org

Maryland Department of Health · Behavioral Health Administration
Office of Suicide Prevention | mdh.suicideprevention@maryland.gov | health.maryland.gov/suicideprevention

Free Trainings

The Botvin Life Skills Training is offered through the University of Maryland School of Medicine. It is a Research-validated substance use prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that influence the initiation of substance use and other risky behaviors.

This is offered for free Tuesday, February 11th, 2025 from 9:30 am to 3 pm.

[Click Here to Read and Register](#)

MarylandROPTA |
www.marylandropta.org



University of Maryland | [7998 Regents Dr](#), Symons Hall | College Park, MD 20742 US

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Gillian Shreve -MDH- <gillian.shreve@maryland.gov>

Thu, Feb 27, 2025 at 3:59 PM

To: Dawn Graves <dgraves@bumfs.org>, Mark Boucot <mark.boucot@wvumedicine.org>, Julie Sanders <julie.sanders@maryland.gov>, Nicholas Richard <nrichard@bcresponse.org>, "Kimberly M. Durst -DPSCS-" <kdurst@garrettcountry.org>, Cyndi Rounds <crounds@primecaremedical.com>, Bryson Meyers <cbmeyers@garrettcountry.org>, Lisa Diehl <lesa.diehl1@maryland.gov>, Melanie Graves -DJS- <melanie.graves@maryland.gov>, Katherine Shadel -MDH- <katherine.shadel@maryland.gov>, Ryan Van Nosedeln <ryan.vannosdeln@mdwellness.org>, Sam Reed <samantha.reed@charliehealth.com>, Mary Ellen Croft <mcroft@bachshealthcare.com>, Erica Davis <edavis@bumfs.org>, Verna Dunkinson <vdunkinson@mdcoalition.org>, Stacie Mullenix -DORS- <stacie.mullenix@maryland.gov>, Jill Keefer <jkeefer@primecaremedical.com>, Carole Tchatchoua <hr@bt-healingcenter.com>, kate Barnard <kate.barnard@archwaystation.net>, Terri Foote <tfoote@goodwill-hgi.org>, Kim Rice <krice@applesforchildren.org>, Bryan Moore <bmoore@appalachiancrossroads.com>, Melissa Margraff <MMargraff@appalachiancrossroads.com>, Shonna Livengood <slivengood@sc-inc.org>, Mary Ellen Nasif <specadvocate@yahoo.com>, Twila Bender <tbender@mtnlaurel.org>, Andrea Barnard <abarnard@bumfs.org>, Michelle Holliday <mholliday@rficil.org>, Diane Donham <ddonham@bcresponse.org>, Jessica Nlce <jessica@mtnlaurel.org>, jlukas@lukasbh.org, Larry Tichnell <ltichnell@garrettcountry.org>, Jessica Savage -DHS- Garrett County <jessica.savage@maryland.gov>, Wendy Guingrich <sdmgfarm@gmail.com>, James Michaels -MDH- <james.michaels@maryland.gov>, Quinita Garrett <QGarrett@bcresponse.org>, Heather Raley <heather.raley@maryland.gov>, Reanna Miller <rmiller@appalachiancrossroads.com>, Tiffany Fratz -DHMH- <tiffany.fratz@maryland.gov>, John Hughes <jhughes@opd.state.md.us>, Fred Polce -MDH- <fred.polce@maryland.gov>, Jansen Judy <jansen.judy@maryland.gov>, Jennifer Corder <jennifer.corder@maryland.gov>, Kathy Schrock <kschrock@ocamd.org>, Angela Sisler <asisler@mtnlaurel.org>, Lindsay Broadwater -MDH- <lindsay.broadwater1@maryland.gov>, Jaimie Bell <jbell@mdcoalition.org>, Andrea Murray <andrea.murray@maryland.gov>, Lisa Rodeheaver <lrodeheaver@lukasbh.org>, Sadie Liller -DHMH- <sadie.liller@maryland.gov>, Johnathan Davis <jddavis@bcresponse.org>, Stormy Gank <sgank@appalachiancrossroads.com>, Mark Bishop -DJS- <mark.bishop@maryland.gov>, Susan Durst <susdur2013@gmail.com>, Kathy Whitacre <kwhitacre@wmhs.com>, Stephan Moylan <Stephan.moylan@mdcourts.gov>, Jennifer Brenneman <jennifer.brenneman@maryland.gov>, Brooke Grossman <bgrossman@goodwill-hgi.org>, Corey Kelly <corey.kelly@wvumedicine.org>, Ryan Savage <rsavage@garrettcountry.org>, "Kelley, Jennifer D." <Jennifer.Kelley3@va.gov>, Shanna Humphrey <shumphrey@garrettcac.org>, Miranda Fitzwater <transitions@atlanticbb.net>, "Ellsworth, Jodi E" <ellsworthje2@upmc.edu>, John Corbin -MDH- <john.corbin@maryland.gov>, Nancy Rotruck <nrotruck@bumfs.org>, Mary Beth Twigg <mbtwigg.ocainc@hotmail.com>, Michael Sigmund -State Police- <michael.sigmund@maryland.gov>, Cody Broadwater <cbroadwater@ahecwest.org>, Mary VanSickle <mary.vansickle@garrettcountryschools.org>, James Mou <jwmou@mtnlaurel.org>, Amber Martin <amber.martin@archwaystation.net>, Thomas Dabney <tomdabneylaw@gmail.com>, Christian Mash <statesattorney@garrettcountry.org>, Tina Field <tfield@bcresponse.org>, Mathew Foley <mathew.foley@archwaystation.net>, Richard Reed <richard.reed@maryland.gov>, Margaret Paul <mpaul@ocamd.org>, Amy Wright <awright.mcw@outlook.com>, Carol Riley-Alexander <criley-alexander@garrettcountrymd.gov>, Angelia Thomas <athomas@reflectionhousegc.org>, Mary Martin <maryemartin.martin@gmail.com>, Nicole Pershing <Nicolepershing429@gmail.com>, Jennifer Hare <jennifer.hare@maryland.gov>, Nathan Maust <nate@questforhopecounseling.com>, Melita Friend <mywellness1st@outlook.com>, Abby Justice <ajjustice@ahecwest.org>, Amy Jones <amy.jones@archwaystation.net>, Mary Lou Perkins <marylou.perkins@maryland.gov>, Kimberly Clem Uphold <KClem-Uphold@appalachiancrossroads.com>, Jeannie Miller <jeannie.miller@wvumedicine.org>, Catherine Phillips <catherine.phillips@maryland.gov>, Dawna Ashby <dawna.ashby@garrettcountryschools.org>, Jennifer Kotulak

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PREVENTION

- Monitor a teen's social media sites, apps & browsing history
- Review or re-set your child's phone location & privacy settings
- Follow or friend your teen or have another trusted adult do so
- Stay up-to-date on the latest apps, social media platforms & digital slang
- Know your child's user names & passwords
- Establish rules about appropriate digital behavior, content & apps
- Teach your child good digital citizenship skills
- Use a parental monitoring software

Resource Spotlight: Maryland Wellness

At **Maryland Wellness**, we understand the importance of access to high-quality behavioral health care. That's why we are excited to share that we are prepared to provide immediate care for individuals in need, offering:

- **Therapy Services:** Compassionate and personalized care for children, adolescents, and adults.
- **Psychiatric Medication Management:** Expertise to help stabilize and enhance mental health.
- **Psychiatric Rehabilitation Programs:** Supportive services that empower clients to lead fulfilling lives.

Whether your clients need therapy to navigate life's challenges, medication management to stabilize their symptoms, or rehabilitation programming to rebuild and assist them on their journey, **Maryland Wellness** is here to help.

[Click Here](#) to learn more.



Maryland Essentials for Childhood

Through a partnership with Maryland Information Network, **Maryland Essentials for Childhood** now has a robust search database of resources across the state that families can access when they need assistance and support. We encourage you to search the database for community organizations you work with and support. If they are not included, reach out to Vanessa Milio at outreach@marylandefc.org. [Click Here](#) to get to the database!



Check Out A Highlight From George's Creek Elementary School Family Literacy Night!



Understand Your Mental Health Insurance!

The **Maryland Insurance Administration** has free resources to help you understand your insurance, find a provider, and get connected with behavioral health support.

Contact the Maryland Health Coverage Assistance Team (H-CAT) if you have additional questions about your healthcare coverage at hcat.mia@maryland.gov or 410-468-2442.



Maryland
INSURANCE ADMINISTRATION

CONSUMER ADVISORY

COVERAGE FOR MENTAL HEALTH AND SUBSTANCE USE

Mental health and substance use affect Marylanders from all walks of life. Mental health and substance use are common and often serious, but many people do recover with access to proper healthcare. You should treat your mental health as seriously as you treat your physical health. If you need help, but don't know where to find it, this advisory may help you.

Insurance

Your health insurance may cover all or part of the cost of your mental health services, depending upon the type of care you need and the terms of your policy. **Maryland law requires health benefit plans issued in Maryland to cover mental health services, but you may have coverage through a plan that is not subject to Maryland law.**




- If you have private insurance, you should check your policy for your benefits. You should have a policy, certificate of coverage, or summary plan document that describes your health plan's benefits. If you cannot find your documents or have questions about your benefits, you can also call the member services number on the back of your card. There may be a separate number for mental health services.

Use the interactive tool to learn how to understand your insurance card:



<https://content.naic.org/consumer/health-insurance/understand-your-insurance-card.htm>

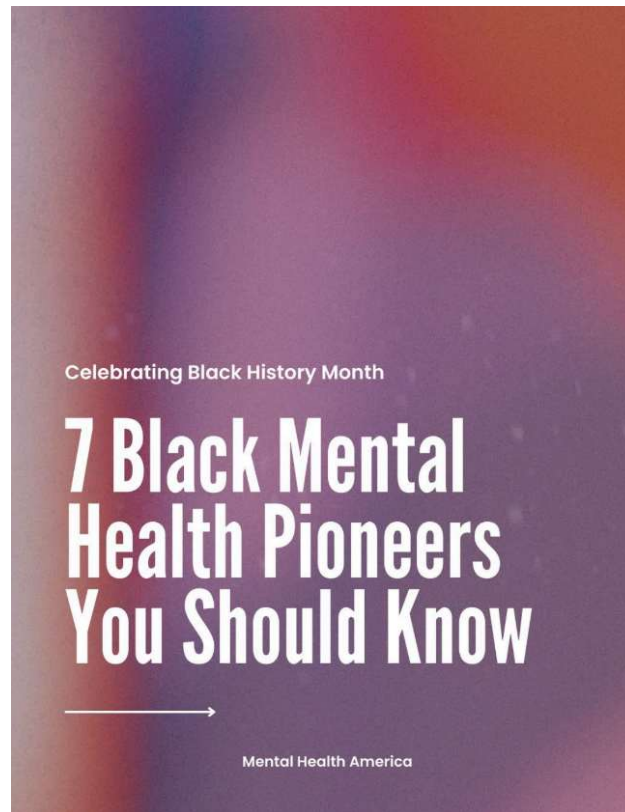
CONTINUED →


 800-492-6116 Toll-free
insurance.maryland.gov



The Mental Health Association of Maryland Marks Black History Month!

The history of mental health care was trailblazed by countless Black pioneers who bravely broke down barriers to expand access to health care. From the groundbreaking research of Dr. Mamie and Dr. Kenneth Clark to Dr. Carter's research on Alzheimer's disease - how many of these Black mental health pioneers have you heard of?

Learn more [here](#) about the 7 Black Mental Health Pioneers as we celebrate February's #BlackHistoryMonth.



MDH Expands Access to School-Based Mental Health Services

The Maryland Department of Health has made it easier for families on Medicaid to access mental health services in schools for their children. The expansion allows Local Education Agencies to offer certain behavioral health services to all students enrolled in Medicaid. Previously, Medicaid payment for these services was limited to Medicaid-enrolled students who have an approved Individualized Education Program (IEP) or Individualized Family Service Plan (IFSP). The Maryland Department of Health and Maryland State Department of Education are together committed to fostering the mental health and academic success of Maryland's students! Read the full article [here](#).



Learn the Facts from MDH!

Taking Care of Us

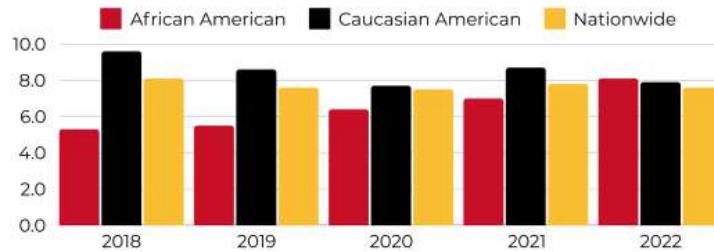
Factsheet and Resources



Taking Care of Us is a collaborative campaign with the Maryland Department of Health (MDH) Behavioral Health Administration's Office of Suicide Prevention, the Office of Minority Health and Health Disparities, and the Black Mental Health Alliance. **Our goal is to bring attention to the increasing number of deaths by suicide among young African American men and women, especially between the ages of 15 and 34.**

Did You Know?

A report by PEW Research with data from the CDC Wonder database shows that the suicide rate among Black youth ages 10 to 19 surpassed that of their white peers for the first time in 2022, increasing 54% since 2018, compared to a 17% decrease for white youth. In fact, the suicide rate among Black adolescents is increasing faster than other racial and ethnic groups.



What are signs that someone is at risk of suicide?



Warning signs that may mean someone is thinking about suicide may include:

- Talking about wanting to die
- Isolation behaviors (suffering in silence)
- Increased anxiety
- Substance use/misuse
- Talking about being a burden or feeling trapped
- Extreme mood swings
- Increased anger or rage
- Expressing hopelessness
- Talking about being in unbearable pain
- Sleeping too much or too little
- Looking unkempt or disheveled
- Grades dropping
- Not partaking in activities that once brought them joy
- Giving away important or meaningful items
- Making a plan for suicide by looking for a way to access lethal means (firearms, medications, rope, local tall buildings and bridges, etc.)



Maryland Department of Health - Behavioral Health Administration
 Office of Suicide Prevention | mdh.suicideprevention@maryland.gov | health.maryland.gov/suicideprevention

What do I do if I see these signs in a peer or within myself?

If you or someone you know shows these signs, or other expressions of hopelessness ("I can't take this," "You'd be better off without me," or "I am waiting on God"), be kind, non-judgmental, and direct. **Speaking about suicide will not put the thought into someone's head.** Oftentimes, the person will feel a sense of relief because they can finally speak about their pain with a trusted person. It can be scary to feel these emotions or to have a friend or peer speak about suicide. Remember, it is not your responsibility to solve these challenges alone. Instead, you can find a trusted adult who can help with these challenges.



Always ask direct questions like:

"Are you thinking about killing yourself?"

"Are you thinking about suicide?"

Talk to them in private, and listen to their story. Try to be nonjudgmental, and avoid minimizing their problems or try to solve their problems. Encourage them to connect to help and tell an adult.

If the person tells you that they are thinking about suicide, or if you think they are at risk, tell an adult immediately. **Do NOT keep concerns about suicide a secret.** It is important to take all mention of suicide seriously.

Find a Trusted Adult

A trusted adult can provide comfort, guidance, and support. You are not responsible for helping anyone alone. If there is a concern about suicide, adults at your school can get a student assessed for suicide risk and connected to the most helpful resources.

- **Who Can Be a Trusted Adult?** This could be a parent, family member, teacher, school counselor, coach, or any adult you feel comfortable with and trust.
- **How to Start the Conversation:** It can be as simple as, "I'm going through a tough time/I am worried about someone and I need to talk. Can we chat?"
- **Keep Trying:** Sometimes the first adult you talk to might not be helpful. Don't give up! There are adults who will help. You can go to mental health professionals at your school, or reach out to 988 for help.
- **Keep Yourself Safe:** It is important during these difficult situations to not only ensure the safety of your peer, but yourself as well.

Call, Text or Chat 988

988 Suicide & Crisis Lifeline provides 24/7, 365 assistance for behavioral health concerns. 988 Suicide and Crisis Lifeline can connect you to local mental health resources near you. You can call, text, or chat 988. 988 also offers multiple language options for accessibility. 988lifeline.org

Maryland Department of Health · Behavioral Health Administration
Office of Suicide Prevention | mdh.suicideprevention@maryland.gov | health.maryland.gov/suicideprevention

Free Trainings

The Botvin Life Skills Training is offered through the University of Maryland School of Medicine. It is a Research-validated substance use prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that influence the initiation of substance use and other risky behaviors.

This is offered for free Tuesday, February 11th, 2025 from 9:30 am to 3 pm.

[Click Here to Read and Register](#)

MarylandROPTA |
www.marylandropta.org



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